



# GF&RD

the Gilbert Fire and Rescue Department

# VOLUNTEERS

Volume 7, Issue 2

February 2014

## Kim's Corner

By Kim Yonda  
Gilbert Fire and Rescue Department  
Volunteer Coordinator

One of the well-known benefits of Volunteering is its positive impact on the community. Volunteering allows you to connect to your community and make it a better place; the spirit of Volunteerism you share with us makes a difference in Gilbert. Dedicating your time as a Volunteer also holds other benefits as you make new friends, expand your network, and boost your social skills.

Last week I had the pleasure of viewing many of these components when I attended the Recruit Academy graduation with four of our Volunteers:



Katharine Keller, Dianna Erickson, Colton Latsko, and Kelsie Knox. We were there to support three of our past Volunteers who begin their careers this week as fire fighters in the east valley. David Rodriquez, Jr. will be with Gilbert Fire & Rescue, while Randall White and Greg Kredell will be with Mesa Fire & Medical. On behalf of all of our Volunteers, Gentlemen we wish you much success and happiness with your new endeavor!

Have you marked your calendar to attend one of the upcoming credential renewal events? All Gilbert Fire & Rescue Volunteers are required to renew their credentials each year. A round of applause goes to those of you who went to the first credentialing event to complete this annual task. It was a pleasure to meet with so many of you there, and we can always count on Mr. Jon Switzer to liven up any event. Thank you Jon for the many laughs that evening! Those who have completed the credentialing process will soon be contacted by Tonya Holmes. She will have their new identification and accountability badges.

Are you ready for our Annual Volunteer Awards and Ceremony, "Teamwork Makes the Dream Work?" The evening of Saturday, March 1, will be fun-filled as we celebrate you, our AMAZING Volunteers! In addition to our unique awards, this year we will also be recognizing several Volunteers who have been sharing their expertise with the department for the past 10 years! A magnificent milestone! It's time to pull out your favorite team colors, t-shirt or jersey for the event! Remember to RSVP to me for a night you won't want to miss!

Be happy!



By Johnna Switzer  
GFRD Volunteer

# Disaster Hero

Welcome to 2014! To begin the year I thought we could start out with some fun learning items. Did you know there is an online game that prepares families for emergencies? Players compete for the title of “Disaster Hero” with puzzles, quizzes and arcade-style game components. Topics covered include emergency planning and common hazards encountered after a natural disaster. The free game is from the American College of Emergency Physicians, and Legacy Games, and was funded by a grant from the Department of Homeland Security. There is a section for children, parents, and teachers, so it can even be used in the classroom. It is available at DisasterHero.com.

(Adapted from Family Safety & Health,  
a corporate wellness publication of the  
National Safety Council.)

Now, here is an activity to refresh your emergency preparedness memory. Enjoy!

## Emergency Preparedness Word Scramble

Scrambled Words	Answer Pattern
irieretffhg	_____
amlar	_____
prc	_____
eigifintxreruhes	_____
apnl	_____
iveirerannta	_____
sastsi	_____
etm	_____
saretids	_____
eaautevc	_____
eiclop	_____
ugtacrsoad	_____
lrld	_____
sxiet	_____
sdfirati	_____
elonhetep	_____

From eduBakery.com

fire fighter, alarm, CPR, fire extinguisher, plan, veterinarian, assist, EMT,  
Disaster, evacuate, police, coast guard, drill, exits, first aid, telephone

GF&RD  
**VIP**  
Volunteers

By David Papp  
GFRD Volunteer



**J**erry Cirou is a retired Nuclear Reactor Engineer, research chemist, semiconductor engineer/manager, quality assurance/reliability engineer, management consultant, and army medic. With an impressive resume like that, Jerry claims his greatest achievement is being a husband and a father. Jerry joined Gilbert Fire and Rescue in 2004, and has another impressive list of his Volunteer service. He was CERT of the Year for 2006, Vice President of the original CERT Council, Drafted most of the Council documents, and the list continues. In addition to helping his community, Jerry spent 20 years involved with Worldwide Catholic Marriage Encounter, and other ministerial functions. Jerry stated that one of the goals he hopes to achieve is to be known as a good role model, conscientious and caring. He would like to help make this world a better place by his small contribution to it. Jerry said he joined Gilbert Fire and Rescue because he wants to help as many people as possible become aware of all the ways they can and should prepare themselves for possible disasters and accidents.



**“**I like to serve others, to pay it forward. Many people have been good to us as well. My parents were perfect examples of service to others without expecting anything in return. That has been my philosophy and my lifestyle since I was old enough to shovel snow from the neighbor's walks as a child in Wyoming,” states Rick Harston. He is explaining why he Volunteers for Gilbert Fire and Rescue. Rick's current home in Gilbert is his 25<sup>th</sup> home since he was married in 1970. His current occupation is Physician Assistant, but for 27 years he wore an Army uniform. During combat in Iraq, Rick saved 19 lives. He said that some of his talents are being fluent in Spanish, Ham Radio, and computers. His accomplishments for Gilbert Fire and Rescue include receiving the Golden Plunger Award, and helping to create EmComm (Emergency Communications). Rick's motto is simple, “Act, don't react.” He elaborated by saying, “We choose to have a good day and be happy no matter what.” With four children, and twelve grandchildren, he still finds time to have a date with his wife Cassie, every Friday night.



## Widespread In Arizona

By Sheri Gibbons  
Emergency Management Coordinator  
Gilbert Fire and Rescue Department

**A**rizona's flu activity was recently categorized as "widespread" the highest category possible after several weeks of steady increases in flu activity. Forty other states are also reporting widespread activity, indicating flu cases are rampant all across the United States. Hospitals in the east valley are reporting very heavy patient activity, and special visitor precautions have been put in place. This includes visitors 12 years and younger being asked to steer clear of the hospitals.

Although it takes approximately 2 weeks for antibodies to reach full strength after a flu shot, it is not too late to be immunized. Flu is unpredictable and can extend into the summer months. "Obviously the best thing that you can do to protect yourself and others is to get vaccinated," said Dr. Bob England, Director of the Maricopa County Department of Public Health. "In the meantime stay home when you are sick, wash your hands frequently, and make sure to cough and sneeze into your sleeve. Simple, but tried and true public health practices." Flu symptoms include fever, cough, and/or sore throat, stuffy or runny nose, headache and body aches, chills, and fatigue.



## Welcome

### New GFRD Volunteers

Joe Briggs  
Karen Burke  
Terry Gray

Kirsten Honey  
Chris Shaw  
Josh Veak

# Program Support Desk

By Johnna Switzer  
GFRD Volunteer

## Are You Ready For Renewal?

**R**enewal is just around the corner, and the first date to renew is on January 28th. Are you aware of what your requirements are to renew each year? Your requirements need to have been completed in the prior calendar year (that's 2013 for 2014 renewal). A number of you have already received e-mails telling you which item (items) you are missing, and you have the opportunity to make them up between now and April 1. Remember that hours earned now that count toward your 2014 renewal will NOT be counted for 2015 when you go to renew next year.

You may be wondering how the Volunteer Coordinator knows if you have met your requirements. This depends on you. Kim reviews each person's log book in the Samaritan database to make the determination. Therefore, if you are not recording your hours online, it will look as if you have not completed your requirements. So if you have not been recording your hours, now is the time to do it. If you are unable to record your hours, let Kim know and she will put the appropriate opportunities into the system for you so you can record them.

Here is a summary of those items required annually for each type of Volunteer in the program:

### Community Assistance

3 supplemental trainings, one of which MUST be Bloodborne & Airborne Pathogens

### CERT

#### Type 1

- 6 active Volunteer hours
- 6 supplemental trainings
- Current CPR/AED & First Aid certification
- 1 exercise every three years

#### Type 2

- 6 active Volunteer hours
- 4 supplemental trainings
- Current CPR/AED & First Aid certification
- 1 exercise every 3 years

#### Type 3

- 5 active Volunteer hours
- 3 supplemental trainings
- Current CPR/AED & First Aid certification
- 1 exercise every 3 years

#### Type 4

- 4 active Volunteer hours
- 2 supplemental trainings
- 1 exercise every 3 years

#### Type 5

- 4 active Volunteer hours
- 1 supplemental training
- 1 exercise every 3 years

Continued —————>

## Are You Ready For Renewal?... Continued

### Car Seat Technician

Participation in Car Seat Clinics

### OTHER FIRE CORPS POSITIONS

Varies depending on positions

### Chaplains

Documentation that you have worked your shifts

I hope this helps you in planning now, and in the future. See you at renewal!



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## LOST A PET?

By Terry Gray  
GFRD Volunteer

**K**udos to Lt. John Reynolds from Maricopa County Animal Care and Control! He presented a great Citizen Corps class on Animal Response. It was a day well spent receiving useful information regarding animal assessment and handling in disaster situations.

One bit of information that could be shared is the county's "No Lost Pets" program, an interactive website that assists owners in finding their pets. This even includes those without microchips. One simply goes to [www.nolostpetsmaricopa.org](http://www.nolostpetsmaricopa.org), and clicks on "Lost Pets." Then either review the list of found pets, or click on the link for the interactive map. On the map, locate the area the dog/cat was last seen, and simply click on the icons to see a photo and bio of animals found in that area. You can also search using your name, address, or the GPS coordinates from your smartphone. If one of the animals found is your beloved Fido or Fluffy, call Maricopa County Animal Care and Control to claim the pet.





## It's Not A Room. It's A Residence!

By Judy Slack  
GFRD Volunteer

On January 18, the Community Assistance quarterly meeting was held at the Marriott Residence Inn on Banner Gateway Drive, in Gilbert. We were hosted by their Sales Manager, Rob Perez. Rob explained the many services the Residence Inn can provide to the displaced individuals and families we serve. Their slogan is, "It's not a room. It's a Residence!"

Those at the meeting took a tour of the facility, which offers the following:



- Studio, one and two bedroom Suites
- Fully equipped in-suite kitchens with a full-size refrigerator, a stove and a microwave, dishes, and utensils
- Free Wi-Fi
- Free hot breakfast
- Complimentary evening socials
- A swimming pool, BBQ, a sports court, and a fitness center
- On site laundry facility
- Free grocery delivery

As an added service Rob assured us that his staff is equipped to assist those who are displaced by fire, or any other serious incident, to get into a suite as quickly and smoothly as possible. The hotel staff will even contact the guest's insurance company about benefits the guest would be eligible for. The hotel also offers guests free shuttle service within a six mile radius of the property. The goal of the Residence Inn is to lessen the impact of the event that caused them to be displaced, and make their stay as comfortable as possible.



Those of us who took the tour agreed that the suites were very nice, and the services included are above and beyond what we had expected. It's nice to know that there is such a good solution for people in distress.

This is just one of several options Gilbert Fire and Rescue, and Community Assistance, can offer to their customers.



Some of us have a favorite weather app, and it's often a topic of discussion as to the pros, the cons, and especially the accuracy of one versus another. Being Fire and Rescue Volunteers, we are trained in preparedness, and weather plays a big part in local disasters. Having a National Oceanic and Atmospheric Administration weather alert radio in the home is one way to be prepared, but what about away from home? Some cell phones have alert systems built in for extreme weather and amber alerts, which is very helpful, but once alerted, then what?

There is an APP available on iTunes called "NOAA Weather Alert Plus" that serves not only the weather for the day, but also includes an alert notification system. Since the weather in the valley is pretty quiet at this time, I have been unable to test the alerts. But many people commented on the blaring sound in the middle of the night which led them to a safe zone as a weather emergency headed their way. From there, one could immediately check radar and information without waiting for another APP to load.

Beside the alerts, it includes satellite, radar, daily weather, and a streaming NOAA weather radio for \$4.99. Cell phones are a huge part of life for many people and this APP could ensure Volunteers, friends and family are informed no matter where they are.

Submitted By Terry Gray  
Source: iTunes

### A Little Laugh

I have a friend who is a vegetarian. Although I truly love animals my friend says I couldn't really because I eat meat. He says that if I really loved animals I would only eat salads, grains, and vegetables. My answer is that if he really loved animals he would stop eating all their food!





# Disaster Call Center Exercise

By Sheri Gibbons  
Emergency Management Coordinator  
Gilbert Fire and Rescue Department

On Wednesday, January 5, with the help of eleven Gilbert Fire and Rescue Volunteers, we tested our capability to operate a Disaster Call Center. The Call Center was established last year, and this was the second time that we have tested its functionality.

Our Volunteers were brought in and provided just-in-time training to ready them as call takers. After just 30 minutes, the call center was flooded with simulated calls into the ten call center lines. The Volunteers took emergency calls for approximately twenty to thirty minutes.

Because of the assistance of our Volunteers we were able to test the effectiveness of our rapid training model, call center procedures, and the performance of the telephonic infrastructure. We were more than excited with the results and our Volunteers performed exceptionally! A big thank you to Rick Harston, Matt Dominy, Felix Castro, Pauline Senra, Sonja Grosch, Jerry Cirou, Ira Goode, Fred Wolfe, Megan Cayton, Dianna Erickson and Brandon Siebert for your time and efforts! With your assistance we have validated our capability to operate a Disaster Call Center, and established a new two-person team that will be used in the future. Thank you!



## You've Been Spotted

**Thank you for doing something great!**

Jeff Bell  
Tom Dieterle  
Matt Dominy  
Dianna Erickson  
Terry Gray  
Sonja Grosch



Sharon Judy  
Bob Milne  
Diane Nielsen  
Brandon Siebert  
Johnna Switzer  
Jon Switzer

**You are appreciated!**

# Cook & Ladder

## Mom's German Rouladen

From Sonja Grosch  
GFRD Volunteer

In this recipe you can make as many roulades as you want, each uses the same ingredients.

thinly sliced beef  
bacon (slightly cooked and cut up)  
onion (cut up)  
mustard (spicy)  
flour

butter  
pickles (stackers)  
cornstarch  
salt & pepper

Pound beef slices, spread on spicy mustard, add cut up onions, bacon, and one pickle stacker (width wise on beef slice)

Roll beef slice and secure with toothpick, or tie with thread to hold rolls together

Roll beef in flour, brown all sides in butter

Once browned add water, not quite covering the rolls

Put in 2 two beef bouillon cubes

Cover & simmer for about 2-3 hrs

Check if water needs to be added while cooking

Take rolls out and set aside

In the stock mixture add cornstarch to thicken, and salt & pepper to taste. (Thicken to your gravy preference)

Put rolls back into the mixture, and let it simmer for about 10-15 minutes

It's great with mashed potatoes and red cabbage. It can be cooked ahead to freeze & reheat. (But no microwaving!)



Benreis @ Wikivoyage Shared

# COMING UP

## FEBRUARY

1 Disaster Preparedness / Terrorism	9:00 AM - 12:00 PM	Amphitheater	✕
1 Fire Suppression	1:00 - 4:00 PM	Amphitheater	✕
8 Medical Operations 1	9:00 AM - 12:00 PM	Amphitheater	✕
8 Medical Operations 2	1:00 - 4:00 PM	Amphitheater	✕
8 Volunteer Renewal	9:00 AM - 1:00 PM	Room 6	CERT / FC
12 Volunteer Renewal	3:00 - 7:00 PM	Room 1	CERT / FC
15 Search And Rescue	9:00 AM - 12:00 PM	Amphitheater	✕
15 Disaster Psychology	1:00 - 4:00 PM	Amphitheater	✕
18 Tactical Communications	6:00 - 9:00 PM	Room 6	CERT
22 Communications / Skills Stations	9:00 AM - 12:00 PM	Amphitheater	✕



## MARCH

<b>1 Volunteer Awards Ceremony</b>	5:30 - 7:30 PM	Station 1	GFRD Volunteers
8 CM251SOPs	9:00 - 11:00 AM	Room 6	COM 251 only
8 Occupant Service Sector	11:00 AM - 12:00 PM	Room 6	COM 251 only
8 Crisis Intervention	1:00 - 2:00 PM	Room 6	COM 251 only
8 Documentation	2:00 - 5:00 PM	Room 6	COM 251 only
11 Bloodborne Pathogens	6:00 - 10:00 PM	Room 1	△

✕ Basic CERT classes AND open for review

△ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or [kim.yonda-lead@gilbertaz.gov](mailto:kim.yonda-lead@gilbertaz.gov)